

WHAT IS CLAIMED IS:

1. A titration package for enabling compliance with a regimen of changing dosage of medication over a period of
5 time, the package comprising:

a backing having an array of receivers, said array including a plurality of columns and a plurality of rows;

a plurality of sets of tablets, each tablet in a set having a common dose of the medication and a different dose
10 than a tablet of a different set, each set being disposed in receivers of one of an adjacent row and an adjacent column; and

indicia disposed adjacent the columns and rows for displaying common days and successive weeks.

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2. The package according to claim 1 wherein different sets of tablets are disposed in different rows, each row being indicated as a successive week, each column being indicated as a different day of the week.

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3. The package according to claim 2 wherein sets of tablets having increased doses are disposed in recesses of rows indicated as successive weeks.

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4. The package according to claim 3 wherein the sets of tablets have 5mg, 10mg, 15mg, and 20mg doses of Memantine.

5. The package according to claim 1 wherein different sets of tablets are disposed in different columns, each column

being indicated as a successive week, each row being indicated as a different day of the week.

6. The package according to claim 5 wherein sets of
5 tablets have increased doses are disposed in receivers of columns indicated as successive weeks.

7. The package according to claim 6 wherein the sets of tablets have 5mg, 10mg, 15mg and 20mg doses of Memantine.

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8. A titration package for enabling compliance with a regimen of changing dosage of medication over a period of time, the package comprising:

a backing having an array of receivers, said array
15 including a plurality of columns and a plurality of rows;

a plurality of sets of tablets, each tablet in a set having a common dose of the medication and a different dose than a tablet of a different set, each set being disposed in receivers of a plurality of adjacent rows or a plurality of
20 adjacent columns; and

indicia disposed adjacent the columns and rows for displaying common days and successive weeks.

9. The package according to claim 8 wherein pairs of
25 adjacent rows have differing sets of tablets.

10. The package according to claim 9 wherein each rows is indicated as a successive week and each column is indicated as a different day of the week.

11. The package according to claim 10 wherein sets of tablets having increased doses are disposed in receivers of adjacent pairs of rows.

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12. The package according to claim 11 wherein the sets of tablets have 5mg, 10mg, 15mg and 20mg doses of Memantine.

13. The package according to claim 8 wherein pairs of
10 adjacent columns have differing sets of tablets.

14. The package according to claim 13 wherein each column is indicated as a successive week and each row is indicated as a different day of the week.

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15. The package according to claim 14 wherein sets of tablets having increased doses are disposed in receivers of adjacent pairs of columns.

20 16. The package according to claim 15 wherein the sets of tablets have 5mg, 10mg, 15mg and 20 doses of Memantine.

17. A method for enabling compliance with a regimen of changing dosage of medication, the method comprises the steps
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providing a backing having an array of receivers, said array including a plurality of columns and a plurality of rows;

disposing a plurality of sets of tables in the receivers, each tablet in a set having a common dose of medication and a different dose than a tablet of a different set, each set being disposed in receivers of one of an adjacent row and an adjacent column; and

providing indicia adjacent the columns and rows indicating common days and successive weeks.

18. A method of treating a human patient to reduce damage to retinal ganglion cells associated with glaucoma, said method comprising providing a titration package for enabling compliance with a regimen of changing dosage of medication over a period of time, the package comprising:

a backing having an array of receivers, said array including a plurality of columns and a plurality of rows;

a plurality of sets of tablets, each tablet in a set having a common dose of the medication and a different dose than a tablet of a different set, each set being disposed in receivers of one of an adjacent row and an adjacent column; and

indicia disposed adjacent the columns and rows for displaying common days and successive weeks.

19. The method according to claim 18 wherein the medication comprises Memantine.

20. The method according to claim 18 wherein different sets of tablets are disposed in different rows, each row being

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indicated as a successive week, each column being indicated as a different day of the week.

21. The method according to claim 18 wherein sets of
5 tablets having increased doses are disposed in recesses of rows indicated as successive weeks.

22. The method according to claim 18 wherein the sets of
tablets have 5mg, 10mg, 15mg, and 20mg doses of Memantine.
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23. The method according to claim 18 wherein different
sets of tablets are disposed in different columns, each column
being indicated as a successive week, each row being indicated
as a different day of the week.
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24. The method according to claim 23 wherein sets of
tablets have increased doses are disposed in receivers of
columns indicated as successive weeks.

20 25. The method according to claim 18 wherein the sets of
tablets have 5mg, 10mg, 15mg and 20mg doses of Memantine.